



SWEET AND SPICY TOMATO AND PEPPER CHICKEN STEW

Ingredients:

- 2 tbsp EVO
- 1 1/2 lbs boneless, skinless chicken thighs cut into 1" cubes
- 3 assorted bell peppers diced
- 2 Spanish onions diced
- 2 cloves garlic minced
- 1 1/2 tbsp chili powder
- 2 tsp garam masala
- 1/8 tsp ground nutmeg
- 1/8 tsp ground ginger
- 1/2 tsp salt
- 2 tsp brown sugar
- 1 can (14.5 oz) diced tomatoes
- 1 cup low sodium chicken broth
- 1/2 cup raisins
- 1/4 cup apple cider vinegar
- 1 can (14.5 oz) white beans, drained and rinsed
- 4 tbsp chopped fresh parsley
- cooked rice (optional)

Instructions:

1) In a Dutch oven or large soup pot heat EVO over med-hi heat. When hot add chicken and stir. Sauté, stirring often, 5 min or until chicken browned.

2) Add peppers, onions, and garlic and reduce heat to med. Cook, stirring occasionally for about 6-7 min or until vegs softened. Add chili powder, garam masala, nutmeg, ginger, salt, and brown sugar. Sauté, stirring for another 2 min.

3) Add tomatoes, broth, raisins, and vinegar. Stir, raise heat to high and bring to boil. Reduce heat, cover, and cook for about 25-30 min. or until chicken is tender and cooked through.

4) Add bean, stir, and cook another 2-3 min. or until beans heated through. Serve over rice garnished with fresh parsley.